

GROUP FITNESS CLASS DESCRIPTIONS

CARDIO

BODYCOMBAT™ (30-55min) is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from karate, boxing, taekwondo, tai chi and muay thai.

BODYATTACK™ (45 min) is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic movements with strength and stabilization exercises.

ZUMBA (45 min) Pretty much the most AWESOME Dance Workout ever! Dance to great music, with great people, and burn a ton of calories without even realizing it.

LINE DANCING (45 min) If anyone tells you that line dancing is a thing of the past hasn't experienced the upgraded dances that people all over the country continue to experience.

BOOM Muscle (30 min) Circuit Style training incorporation all types of muscle movements, using large balls, bands, weights, and so much more. **BOOM Move** (30 min) A higher intensity, dance cardio workout that is fun for all ages. Start with simple dance moves, and move into more complex sequences.

Water Rowing (30 min) Long renowned as the perfect aerobic exercise, the Water Rower is unmatched with its ability to burn calories within a perceived level of exertion. Low impact and body weight bearing, the Water Rower is perfect for any user.

STRENGTH

Les Mills CORE™ (30 min) a short, sharp, intense, hugely effective workout that will make you stronger and leaner. You continually challenge yourself, regardless of your own fitness levels.

BODYPUMP™ (45 & 55 min) is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight room exercises such as squats, presses, lifts and curls safely and effectively. We also offer a 45 minute **BODYPUMP Lite** class and **PUMP-45** for those returning from an injury, short on time, or the times work,

Les Mills BARRE™ (30 min) a different style of training, or a new kind of self-expression?! Without the traditional barre to support you, the muscles supporting your body's stability and strength becomes the focus. This class incorporates both cardio and strength with high reps of light weights.

TRX-Total-Body Resistance Exercise (30 min) Try this anchored two-strap suspension training system that leverages your body weight against gravity to target and challenge muscular stability, strength, and endurance, while improving flexibility, balance, coordination, and total power!

CYCLE

CYCLE-40 (40 min) Shift your fitness into high gear with this pulse-pounding cycling class. Improve your cardiovascular fitness and fine tune your endurance. This is a non-impact workout for all fitness levels. It is freestyle and the format will be up to the Instructor, so it may be a fast flat, hills or a combo of both, it will vary class to class and with each instructor.

CYCLE Exp. (30 min) A cycle class with a shorter warm up and stretch. Although this is marketed as a high intensity class, we will have options for all levels. This class is for those that want to get in and get out. Like Cycology, this freestyle format will vary with each instructor. **Senior Cycle** is a great option on Thursdays at 8:20am for those new to Cycle.

HIIT & HILLS (30 min) Push through heart racing intervals while improving cardiovascular strength, all while building strength in your legs while attacking hills.

Hybrid Cycle (30 & 40 min) Bringing the BEST of HIIT & HILLS along with PULSE to put the Party on the bike....This "Feel Good" and "High Energy" Ride will incorporate upper body push-ups, oblique work, hand-held weights, push backs and so much more at the choice of each instructor and also by member requests. Join us for this exhilarating class, and you will see why it's a hot trend in indoor cycling

HIIT SERIES

LES MILLS GRIT™ Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.

LES MILLS GRIT™ Cardio is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

"THE ZONE" a 45 minute cardio and strength infused class that allows you to focus on heart-rate training with the support of a coach. Work at your level, your pace while receiving the tools and support you need to climb 5 levels of your heart-rate, reaching the fat-burning zone. You will row, run, and lift your way to your personal best!

DOUBLE UP (30 MIN COMBO'S)

.GRIT, HIIT & HILLS, Cycle Exp., FLOW Exp, Water Rowing, Les Mills CORE, Les Mills BARRE, and other 30-minute classes... are perfect paired with another 30-min class to make a combo of your choice.

CARDIO/STRENGTH COMBO

Bootyful is a 45 minute class that focuses on building long, lean muscle through resistance training and stretch. You will maximize fat-burn, all while defining your core, but most of all strengthening, lifting and shaping your hips and booty. The combination of higher intensity movement with bands, followed by the low-intensity, yoga-inspired intervals, maximizes your efforts.

360 FIT. (30 & 45 min)

360 FIT is a powerful circuit style workout using weights, and is designed to burn fat, build athletic strength, boost cardio endurance, while challenging balance and stability. Lots of options, and all fitness levels welcome.

MIND/BODY

BODYFLOW™ (45 min) is an athletic fusion of yoga, tai chi and Pilates. It builds flexibility and strength while leaving you feeling centered and balanced. Active yoga sequences and challenging poses, followed by stretches and a short meditation, are all set to modern music to create a holistic workout. Class is practiced barefoot for a safer grip on the mat. (Mats available)

FLOW Exp. (30 min) Same great class, just a little shorter.

Yoga (55 min) This yoga has its roots in Ashtanga. Instructors will alternate the areas of focus with each class while, still incorporating core strength, balance, flexibility, & mindfulness. It is a full body practice that will leave you feeling energized and relaxed all in one.

Senior Yoga (45 min) Get ready to move through a complete series of typical yoga poses, with the support of the chair beside you. Experience posture and poses designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for all levels.

SILVERSNEAKERS EnerChi-45min in a guided flow increases strength and vitality. In EnerChi the participants will learn the foundations of weight transfer and rhythmic movement along with awareness and focused breathing. (Formatted to include both Tai Chi and Yoga)

